

Nutrition Label — Breakdown —

Serving Sizes: Everything listed on the label is for 1 serving size. If you eat multiple servings, multiply the nutrition information by the number of servings you consume.

Serving Size 1 cup (228g)
Servings Per Container About 2

Calories 250

Calories: How much energy you receive from one serving. Aim for food that is high in nutrients and low in calories.

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	
Vitamin C	
Calcium	
Iron	

Nutrients: This is where the amount of fat, cholesterol, sodium, carbohydrates, sugars, protein, fiber, and vitamins and minerals is listed. Select foods that are high in protein, fiber, and vitamins. Eat less, or avoid foods that are high in fat, cholesterol, sugar, and sodium.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

The %DV is based on a 2,000 calorie diet and indicates how much a food contributes to your total daily diet. %DV adds up to 100% of your recommend daily intake.

The footnote provides a breakdown of how many grams of each nutrient you should consume for both a 2,000 and 2,500 calorie per day diet.